

FROM JULY 1 TO 13

TUESDAY
1ST

MISSION RUN & RENFO

On the wild coast & the garden - 1H
Upon registration - 20€

9H

PILATES

With Nadia - 1H
Upon registration - 20€

10H

WEDNESDAY
2

PILATES

With Nadia - 1H
Upon registration - 20€

9H

THURSDAY
3

PILATES

With Nadia - 1H
Upon registration - 20€

9H

SATURDAY
5

YOGA VINYASA

In the garden - 1H
Upon registration - 20€

10H

SUNDAY
6

MEDITATION

In the garden - 1H
Upon registration - 20€

10H

MONDAY
7

MISSION RUN & RENFO

On the wild coast & the garden - 1H
Upon registration - 20€

9H

PILATES

With Nadia - 1H
Upon registration - 20€

9H

WEDNESDAY
9

YOGA VINYASA

In the garden - 1H
Upon registration - 20€

10H

THURSDAY
10

PILATES

With Nadia - 1H
Upon registration - 20€

9H

YOGA VINYASA

In the garden - 1H
Upon registration - 20€

10H

FRIDAY
11

YOGA VINYASA

In the garden - 1H
Upon registration - 20€

10H

FRIDAY BRAZERO

ON RESERVATION

20H

SATURDAY
12

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

10H

SUNDAY
13

MEDITATION

In the garden - 1 hour
Registration required - €20

10H



How to book your class or workshop?

- 1/ Visit our website www.lamissionyeu.com
- 2/ Click on the "wellness" button in the top right corner
- 3/ On the homepage, click on the "book a class" button at the top
- 4/ Choose your class and time slot
- 5/ Add to cart and pay
Your spot is reserved!

And to find
out all our
news, scan the
QR code!



ST SAUVEUR

CINEMA
RENCONTRES
CONCERTS

LA MISSION

ST SAUVEUR

JULY 2025

TOURNOIS
SPORT
APÉROS

FROM JULY 14 TO 20

MONDAY
14

MISSION RUN & RENFO

On the wild coast and in the garden - 1h
Registration required - €20

9H

TRANSMISSION

With Florence De La Rivière

11H

FRENCH BANQUET

ON RESERVATION

20H

TUESDAY
15

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

PILATES

With Nadia - 1 hour
Registration required - €20

11H

WEDNESDAY
16

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden
Registration required - €20

10H

PILATES

With Nadia - 1 hour
Registration required - €20

11H

THURSDAY
17

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

FRIDAY
18

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden
Registration required - €20

10H

PILATES

With Nadia - 1 hour
Registration required - €20

11H

FRIDAY BRAZERO

ON RESERVATION

20H

SATURDAY
19

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

SUNDAY
20

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour
Registration required - €20

10H



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HOTEL - BAR - RESTAURANT - SPA - ROOFTOP - PETANQUE - EVENTS - ETC

GROUP MEMBER Hôteliiers Impertinents

ST SAUVEUR

CINEMA
RENCONTRES
CONCERTS

LA MISSION

ST SAUVEUR

JULY 2025

TOURNOIS
SPORT
APÉROS

FROM JULY 21 TO 27

MONDAY
21

TRANSMISSION

With

11H

BELGIAN BANQUET

ON RESERVATION

20H

TUESDAY
22

VINYASA YOGA

In the garden – 2 sessions of 1 hour
Registration required – €20/session

9H

WEDNESDAY
23

VINYASA YOGA

In the garden – 1 hour
Registration required – €20

9H

MEDITATION

In the garden – 1 hour
Registration required – €20

10H

THURSDAY
24

MISSION RUN & RENFO

On the wild coast and in the garden – 1h

9H

FRIDAY
25

FRIDAY BRAZERO

ON RESERVATION

20H

SATURDAY
26

VINYASA YOGA

In the garden – 2 sessions of 1 hour
Registration required – €20/session

9H

SUNDAY
27

VINYASA YOGA

In the garden – 2 sessions of 1 hour
Registration required – €20/session

9H

MEDITATION

In the garden – 1 hour
Registration required – €20

10H



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GROUP MEMBER

Hôteliers Impertinents

ST SAUVEUR

CINEMA
RENCONTRES
CONCERTS

LA MISSION

ST SAUVEUR

JULY 2025

TOURNOIS
SPORT
APÉROS

FROM JULY 28 TO AUGUST 3

MONDAY
28

TRANSMISSION

With Pierre Breton

11H

TUESDAY
29

MISSION RUN & RENFO

On the wild coast and in the garden - 1h
Registration required - €20

9H

SPECIAL EVENING

POP UP SIMONE IN BORDEAUX (Jewelry)

20H

WEDNESDAY
30

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

PILATES

With Nadia - 1h
Registration required - €20

11H

PETANQUE TOURNAMENT

With DJ set
Registration required - €10

18H

THURSDAY
31

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

PILATES

With Nadia - 1h
Registration required - €20

11H

MEDITATION

In the garden - 1 hour
Registration required - €20

10H

FRIDAY
1ST

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

FRIDAY BRAZERO

ON RESERVATION

20H

SATURDAY
2

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour
Registration required - €20

10H

SUNDAY
3

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

DESIGNERS' MARKET

SATURDAY & SUNDAY
FROM 10 AM TO 6 PM

IN THE GARDEN NEAR THE FOOD TRUCK



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GROUP MEMBER Hôteliars Impertinents

ST SAUVEUR

CINEMA
RENCONTRES
CONCERTS

LA MISSION

ST SAUVEUR

AUGUST 2025

TOURNOIS
SPORT
APÉROS

FROM AUGUST 4 TO 10

TUESDAY
5

MISSION RUN & RENFO

On the wild coast and in the garden - 1h
Registration required - €20

9H

WEDNESDAY
6

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

THURSDAY
7

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour

11H

FRIDAY
8

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

TRANSMISSION

With Hubert Loisel

11H

FRIDAY BRAZERO

ON RESERVATION

20H

SATURDAY
9

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour

10H

THOMAS GUERLET CONCERT

IN THE GARDEN

20H

SUNDAY
10

YOGA VINYASA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

LIVE MUSIC APERITIF

Around the pool

19H



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ST SAUVEUR

CINEMA
RENCONTRES
CONCERTS

LA MISSION

ST SAUVEUR

AUGUST 2025

TOURNOIS
SPORT
APÉROS

FROM AUGUST 11 TO 17

MONDAY
11

TRANSMISSION

With Benjamin Dutreux

19H

LIVE MUSIC APERITIF

Around the pool

19H

FRIDAY
15

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

FRIDAY BRAZERO

ON RESERVATION

20H

TUESDAY
12

MISSION RUN & RENFO

On the wild coast and in the garden - 1h
Registration required - €20

9H

SPECIAL EVENING

POP UP SIMONE IN BORDEAUX (Jewelry)

19H

SATURDAY
16

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour

LIVE MUSIC APERITIF

Around the pool

19H

WEDNESDAY
13

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

PETANQUE TOURNAMENT

With DJ set
Registration required - €10

18H

SUNDAY
17

VINYASA YOGA

In the garden - 2 sessions of 1 hour
Registration required - €20/session

9H

THURSDAY
14

VINYASA YOGA

In the garden - 1 hour
Registration required - €20

9H

MEDITATION

In the garden - 1 hour

10H

LIVE MUSIC APERITIF

Around the pool

19H



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GROUP MEMBER Hôteliars Impertinents

FROM AUGUST 18TH TO 31ST

MONDAY 18	<div>MISSION RUN & RENFO On the wild coast and in the garden - 1h Registration required - €20</div> <div>TRANSMISSION With Laurence Dorlac</div>	MONDAY 25	<div>TRANSMISSION With Marie De Hennezel</div>
TUESDAY 19	<div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour Registration required - €20</div>	TUESDAY 26	<div>MISSION RUN & RENFO On the wild coast and in the garden - 1h Registration required - €20</div> <div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour</div>
WEDNESDAY 20	<div>VINYASA YOGA In the garden - 2 sessions of 1 hour Registration required - €20/session</div>	WEDNESDAY 27	<div>VINYASA YOGA In the garden - 2 sessions of 1 hour Registration required - €20/session</div>
THURSDAY 21	<div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour Registration required - €20</div>	THURSDAY 28	<div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour Registration required - €20</div>
FRIDAY 22	<div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour Registration required - €20</div> <div>FRIDAY BRAZERO ON RESERVATION</div>	FRIDAY 29	<div>FRIDAY BRAZERO ON RESERVATION</div>
SATURDAY 23	<div>VINYASA YOGA In the garden - 1 hour Registration required - €20</div> <div>MEDITATION In the garden - 1 hour</div>	<div>How to book your class or workshop? 1/ Visit our website www.lamissionnyeu.com 2/ Click on the "wellness" button in the top right corner 3/ On the homepage, click on the "book a class" button at the top 4/ Choose your class and time slot 5/ Add to cart and pay Your spot is reserved!</div>	
SUNDAY 24	<div>VINYASA YOGA In the garden - 2 sessions of 1 hour Registration required - €20/session</div>		

